



**Family  
service**  
rochester

*Building strong, healthy families  
and capable children.*

June 2009

[www.familyservicerochester.org](http://www.familyservicerochester.org)



## **CAN YOU HELP?**

The Family Access Center currently needs new and gently used toys and interactive games (indoors and out) for families with children of all ages.

Donations can be brought to Family Service Rochester (*unfortunately we cannot accept stuffed animals or soft toys for health/cleaning purposes*).

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## Feeling the pressure of today's economy?

By Dan Ryan, Senior Therapist

In recent times the economy has affected us all to some degree. Being able to adapt is critical to our physical and mental health. Some of us may have become accustomed to a standard of living that is now beyond our budget. Many activities such as travel, eating out, going out, and some recreational activities may need to be cut back. Nonessentials such as soda, junk food, cigarettes and alcohol may be something we need to reconsider purchasing at all.

No one I know would choose to have less income. However, I have spoken to people who have noticed themselves playing board games, cards, and sports with family and friends as a result of spending more time together rather than being on the go. Some people are getting back to hobbies they have had such as music, gardening, scrapbooking, exercising, grilling out and home cooking. Many activities need not be expensive but can be as enjoyable as more expensive ones.

Community events and parks can be inexpensive or even free. FSR Time Trader participants benefit in various ways without spending money. The spirit of exchanging time and skills is beneficial financially and socially.

People may not be able to afford what they want. This challenges us to change our thinking to having gratitude for what we do have, and appreciating and enjoying relationships. Stress can become overwhelming and interfere with our lives. It can

cause or worsen our mental and physical health. Talking about our stressors, accepting what we can't change, prioritizing, and taking things one day at a time will make our lives more manageable. When stress has exceeded our coping abilities it is time to go to a professional counselor. A website for identifying and dealing with stress is [www.samsha.gov/economy/](http://www.samsha.gov/economy/) and is a good resource for further information.

## The Solution Focused Difference

By Jane Buffie, Director of Program Operations

One of many services Family Service Rochester provides to our community includes outpatient mental health counseling. We have a team of skilled licensed mental health professionals who are experienced in the areas of couple, family, individual and group therapy's. Our philosophy is to "partner" with persons who walk through our doors for these services. We take a strong approach to Solution Focused Therapy (SFT), which simply means therapists help individuals look for solutions to the issues and concerns that brought them here versus dwelling on them so they can move forward in their day to day lives. This also helps to focus on peoples' strengths and build on them creating quicker positive outcomes and results. SFT has been known as Brief Therapy as well, however "brief" can be misleading. Every individual is different and so are their concerns. It often takes some time to work through these and find solutions that are a good fit for them.

Family Service Rochester is able to provide these services by accepting most health insurances and, in some cases, on an ability to pay basis due to United Way funding and generous donations.